

# **GROUP EXERCISE**

Group exercise classes are sure to help your overall wellness, strength, and flexibility. All classes are adaptable and can be modified for any level of fitness. Let our certified instructor's show you how you can get a better night's sleep, more energy throughout the day, and help control stress. As a member of The CORE, group exercise classes are free and included with your membership. Non-members of the center are welcome to join any of our classes for a small daily use fee.

**Aquacise**—This class offers a quality cardiovascular workout which, due to being in water, is easy on the joints and muscles

**Belly/Latin Fusion**—Is a fusion of Latin and International music that creates a dynamic, exciting, and effective workout.

**Body Balance** — Is a 55 minute posture correcting series with a final two minute rest & assess. Immediately following is an optional 30 minute floor series that reinforces the previous standing series. These postures decompress all joints and systematically strengthen every system of your body to bring focused awareness to the mind and energetic balance to the body with an emphasis on breath body balance. Please note all standing exercises may be modified to allow for sitting or lying down. All abilities and disabilities are welcome

**Bootcamp** —Bootcamp is a full-body circuit based workout that uses TRX, Medicine Balls, and Bodyweight exercises that will scorch those calories while building, toning and sculpting your body from head to toe! Each class with 15 minutes of stretching and foam rolling that is sure to leave you feeling great for the rest of your day.

**Cardio Strength**-- This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance

**Pilates**—Each session is a full-body workout emphasizing form and proper body alignment to increase strength, muscle tone, flexibility, coordination, and balance, with unlimited opportunity for advancement.

**Power Yoga** — If you're looking to improve your flexibility, alleviate stress, and get a great workout, power yoga is the perfect activity for you! Come join us and let your mind and body work together to improve your fitness and mood. All levels of yogis welcome!

**Serenity Now Workshops** - This is a four week-series that will instruct you in the most effective ancient and modern bodywork and foam rolling techniques to empower your health naturally so YOU can relieve pain, tension, and stress in just minutes a day.

**Spin Fitness**—Spinning burns serious calories (about 450 in 45 minutes) and offers an awesome aerobic workout that makes your heart pump fast. It also tones your quadriceps (front thigh muscles) and outer thigh muscles like nobody's business!

**Spin Fusion**—Half the class will be work on cardio doing Spin Fit with the other half incorporating different exercise formats to build strong core muscles.

**TRX Functional Training**—Using both the TRX and RIP trainers in this class provide a unique mix of exercises that develop and improve core strength, coordination, balance, stability, endurance, and flexibility. This moderate to high intensity interval class focuses on building true functional strength by using "All Core, All the Time". Although this class primarily uses the TRX system, it also incorporates other pieces of equipment, such as the Bosu, medicine balls, kettle bells, battling ropes, and dumbbells to enhance your workout.

**Vinyasa Yoga** - Vinyasa is a dynamic Yoga with an emphasis on breath/body movement. We hold poses, but our focus is on the transition between poses and the body control we develop therein.

**Yoga**—Encourages the mind and body connection and helps to relieve stress, improve breathing and mental focus, and to build strength, stamina, balance, and flexibility.

**Yoga 360** - If you're looking to improve your flexibility and alleviate stress, yoga 360 is the perfect activity for you! This class focuses on meditation and relaxing movements to clear your thoughts, elongate your muscles, and relieve tension. Come join us in this Hatha Vinyasa Yoga inspired class and let your mind and body work together to improve your fitness and mood. All levels of yogis welcome!

**Zumba, Zumba Toning, Zumba + Abs**—Hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. Fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

## **GROUP EXERCISE SCHEDULE** **Nov. 7th, 2016 – Dec. 4th, 2016**

### Monday

5:45 AM	Power Yoga	Studio 1	Chris M.
8:00 AM	Pilates	Studio 1	Raechel T.
9:15 AM	Cardio Strength	Studio 1	McKenzie E.
9:00 AM	Aquacise	Pool	Sally M.
10:30 AM	Yoga	Studio 1	Chris M.
11:45 AM	TRX	Studio 1	McKenzie E.
5:00 PM	Belly/Latin Fusion	Studio 1	Miranda
6:15 PM	Spin Fusion	Studio 2	Robin
6:30 PM	Serenity Now Workshop	Studio 1	Sophia
7:30 PM	Body Balance	Studio 1	Sophia

### Tuesday

6:00 AM	TRX Functional Training	Studio 1	McKenzie E.
8:00 AM	Spin Fitness	Studio 2	Jennifer
9:15 AM	Beginner TRX	Studio 1	Raechel T.
12:00 PM	Yoga	Studio 1	Jennifer
6:00 PM	TRX Functional Training	Studio 1	McKenzie E.
7:15 PM	Aquacise	Pool	Sally M.
7:30 PM	Zumba + Abs	Studio 1	Sharon M.

### Wednesday

8:00 AM	Pilates	Studio 1	Raechel T.
9:00 AM	Aquacise	Pool	Sally M.
9:15 AM	Yoga	Studio 1	Jennifer
11:45 AM	TRX Functional Training	Studio 1	McKenzie E.
6:00 PM	Zumba Toning	Studio 1	Miranda
7:05 PM	Vinyasa Flow Yoga	Studio 1	Gloria P.

### Thursday

6:00 AM	TRX Functional Training	Studio 1	McKenzie E.
8:00 AM	Spin Fitness	Studio 2	Jennifer
9:15 AM	TRX Functional Training	Studio 1	McKenzie E.
10:45 AM	Belly/Latin Fusion	Studio 1	Miranda
12:00PM	Yoga	Studio 1	Jennifer
6:00 PM	Yoga 360	Studio 1	Gloria P.
6:15 PM	Spin Fusion	Studio 2	Pam
7:15 PM	Aquacise	Pool	Sally M.
7:30 PM	Zumba	Studio 1	Gabrelle M.

### Friday

8:00 AM	Spin Fitness	Studio 2	Raechel T.
9:00 AM	Aquacise	Pool	Sally M.
9:15 AM	Yoga	Studio 1	Gloria P.
12:00 PM	Zumba	Studio 1	Michelle S.

### Saturday

8:00 AM	Zumba	Studio 1	Sharon M.
8:00 AM	Yoga	Studio 2	Chris M
9:15 AM	Aquacise	Pool	Sally M.
9:15 AM	TRX Functional Training	Studio 1	McKenzie E.
10:30 AM	Zumba Toning	Studio 1	Miranda

### Sunday

2:00 PM	Zumba + Abs	Studio 1	Sharon M.
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Classes are subject to change. Changes will be posted at the Front Desk. We apologizes for any inconvenience. If you can't find a class that meets your schedule, check out **FITNESS ON DEMAND**. Classes when you want them and what format you want. Please see Fitness Attendant for details.

***Please see sign for November 16-27<sup>th</sup> schedule.***

